### Buddhism - Practises

#### Worship and Festivals

The nature, use and importance of Buddhist places of worship including temples, shrines, monasteries (viharas), halls for meditation or learning (gompas) and their key features including Buddha rupa, artefacts and offerings.

Puja, the significance and role of puja/devotional ritual in the home and in the temple, including chanting, both as a devotional practice and as an aid to mental concentration, mantra recitation, use of malas.

Meditation, the different aims, significance and methods of meditation:
- Samatha (concentration and tranquillity) including mindfulness of breathing
- Vipassana (insight) including zazen
- the visualisation of Buddhas and Bodhisattvas.

The practice and significance of different ceremonies and rituals associated with death and mourning in Theravada communities and in Japan and Tibet.

Festivals and retreats and their importance to Buddhists in Great Britain today, including the celebrations, origins and significance of:
- Wesak
- Parinirvana Day.

#### Buddhist ethics

- Ethical teaching:
  - kamma (karma) and rebirth
  - compassion (karuna)
  - loving kindness (metta).
- The five moral precepts:
  - do not take life
  - do not take what is not given
  - do not misuse the senses
  - do not speak falsehoods
  - do not take intoxicants that cloud the mind.

The six perfections in the Mahayanan tradition:
- generosity
- morality
- patience
- energy
- meditation
- wisdom, including how the individual develops these perfections within themselves.